

公告欄 NOTICE BOARD

過年

龍去蛇來, 時間消逝, 眨眼又一年

農曆新年是中國人最重視的傳統節日, 大部份人稱之為春節。

春節不僅是一個傳統的節慶, 更是人與人之間情感的投射和依托。勞碌辛勤了一年, 人們對春節到來, 一家團圓的漫長等待。開開心心食賀年飯

各省各縣都有不同的菜式來慶祝, 每款菜肴或是某個味道, 都是人們帶著喜樂, 興奮的心情來感受相聚時刻, 人們見面都會互相問候, 說些恭賀的言句, 如恭喜發財, 龍馬精神, 心想事成等等... 因此廚師們便引用這些賀年祝福語去為菜式命名, 讓大家享用美食之餘並感受到被祝福的感覺, 增添了節日的氣氛。

回憶起童年時, 過年十分雀躍, 穿新衣, 行花市, 燒炮竹, 看舞獅, 逗利是

60年代有首歌謠: 恭喜發財, 利是逗來, 斗零唔愛, 拾文代落袋

70年代環境比較富裕: 歌謠亦提升: 恭喜發財, 利是逗來, 硬野唔要, 軟野代落袋

春節食品都是講意頭, 寓意來年事事順利, 家宅平安, 人人食得開心

去年院舍供應的賀菜式

年三十適逢星期五, 多款菜式選擇: 如

心想事成(紅燒海參元蹄)、金銀滿屋(清燉東菰雪耳湯)、錦上添花(百花釀豆腐)、金雞報喜(古法鹽焗雞)

年初一, 習慣吃齋 知足荷塘賞明月(南乳炆支竹蓮藕雪豆)

院友們: 你還掛念那份滋味嗎?

提起過年豐富盛宴, 不得不提九大簋, 又稱九大砵, 喜慶好意頭, 長長久久, 宴請客人或一家人代表誠意及尊貴

九大砵菜式

陳皮燉鴨湯、手打肉丸、家鄉黃酒雞、蠔油炆東菰、酥炸魚柳、酸薑菠蘿、神仙鴨子、梅子豬手、陳皮豆豉蝦、雞油蝦米飯

你有否品嚐那幾款?

敬祝各位老友記身體健康, 心想事成, 開開心心, 新春大吉

大廚琛哥上



NOTICE BOARD

Celebrate the Lunar New Year

As we transition from the Year of the Dragon to the Year of the Snake, we welcome the Lunar New Year, the most important traditional festival for Chinese people, also known as the Spring Festival. It's a time for family reunions, joyous gatherings, and delicious meals, where special dishes are served with good wishes like "Gong Xi Fa Cai" (Wishing you prosperity).

Reflecting on childhood memories, the New Year was filled with excitement—new clothes, firecrackers, lion dances, and red envelopes. Songs of the era celebrated prosperity, and food symbolized good fortune, safety, and happiness for the year ahead.

Last year at On Luck, dishes with special symbolism included:

- Dream Come True (Braised Pork Hock with Sea Cucumber)
- Full House of Gold and Silver (Double-Boiled Soup)
- Thriving and Prosperous (Stuffed Bean Curd with Prawn Mousse)
- Good News from Rooster (Traditional Baked Chicken)

On New Year's Day, we enjoyed Vegetarian Braised Veggies with Beancurd Stick. The "Harvest Nine Pot" symbolizes luck and longevity, including dishes like Double-Boiled Duck Soup, Homemade Meat Ball, and Fried Prawn with Black Bean & Mandarin Peel.

Have you tasted any of these?

Wishing all my dear friends good health, happiness, and a prosperous New Year!

Melvin, Chef



華人社區服務中心 Chinese Community Social Services Centre Limited

ACN 679 804 927 ABN 95 428 365 701

On Luck Chinese Nursing Home

安樂華人護理院

DECEMBER 2024 十二月份

NEWSLETTER 簡訊

聖誕快樂



我院於十二月份舉行聖誕慶祝活動

歡迎以下眾位新院友 WELCOME OUR NEW CONSUMERS

K23 Cheng, Wai Ming (Raymond), C82 Chan, Kwok Xing 陳伯, C87 Mrs. Shan, 单奶奶,

C106 Lin, Huazhen 林伯, C119 Mrs. Poon, C120 Zhong, Bao Lian (阿宝)

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Consultant Editor 顧問編輯: Eunice Wong 黃月盈 (Director of Nursing)

Editor 編輯: Gary Shih 施承斌, Crystal Lo 盧盼澄

Address 地址: 177-179 Tindals Road, Donvale 3111 Website 網頁: www.ccsci.org.au

Tel 電話: (03) 9844 6000 Fax 傳真: (03) 9844 6063

# 十一月活動回顧 NOVEMBER ACTIVITIES REVIEW

## Family Fun Day 安樂家庭同樂日

The Family Fun Day, held on the afternoon of November 2nd, 2024, provided a wonderful opportunity for families and consumers to bond while experiencing On Luck's outstanding amenities and programs.

2024年11月2日下午舉行的家庭歡樂日為家庭和消費者提供了一個絕佳的機會，讓他們在體驗安樂出色的設施和項目的同時建立聯繫。



## New Daily Activities 新增日常活動: Walking Group 步行團

A regular walking group at On Luck Chinese Nursing Home, which commenced in November, offers consumers the opportunity to enjoy sunlight, improve their physical health, and engage in social interactions.

於11月開始定期於護老院內舉辦步行團，為消費者提供享受陽光、改善身體健康和參與社交互動的機會。



# 十二月活動回顧 DECEMBER ACTIVITIES REVIEW

## Christmas Event 聖誕慶祝活動: 倒數日曆, 飲茶, 拆禮物日

Christmas, celebrated on December 25, marks the birth of Jesus Christ and blends religious, cultural, and secular traditions. Customs like gift-giving, Christmas trees, and Santa Claus vary globally, with unique practices in each country. It's a time for family, reunion, and joy worldwide.

聖誕節於12月25日慶祝，標誌著耶穌基督的誕生，融合了宗教、文化和世俗傳統。送禮、聖誕樹和聖誕老人等習俗在全球範圍內各不相同，每個國家都有獨特的做法。這是全世界家庭、團聚和歡樂的時刻。

